

Excerpts from Bishop Pivarunas' Pastoral Letter of February 1996,
on Fasting in the Holy Season of Lent

The concept of fasting is quite explicit in the teachings of Our Lord.

On one occasion, the Apostles found themselves in a very embarrassing situation. They attempted to exorcise a possessed man and were unable to succeed. When Jesus had arrived on the scene, He instantly cast the devil out and later told His Apostles:

"This kind (of demon) is not cast out but by prayer and fasting".

In the Acts of the Apostles, we find the Apostles combined prayer with fasting as a spiritual preparation for ordination of priests:

"When they had ordained to them priests in every church, and had prayed with fasting, they commended them to the Lord, in whom they had believed".

"As they were ministering to the Lord, and fasting, the Holy Ghost said to them: 'Separate me Saul and Barnabas, for the work whereunto I have taken them.' Then they, fasting and praying, and imposed their hands upon them, sent them away".

The purpose of fasting is best summarized by St. Thomas Aquinas:

"Fasting is practiced for a three-fold purpose. First, in order to bridle the lusts of the flesh, wherefore the Apostle says: 'In stripes, in prisons, in seditions, in labors, in watchings, in fastings, in chastity, in knowledge, in long-suffering, in sweetness, in the Holy Ghost, in charity unfeigned' since fasting is the guardian of chastity. For, according to Jerome: 'Venus is cold when Ceres and Bacchus are not there.' That is to say, lust is cooled by abstinence in meat and drink. Secondly, we have recourse to fasting in order that the mind may arise more freely to the contemplation of heavenly things: hence it is related of Daniel that he received a revelation from God after fasting for three weeks. Thirdly, in order to satisfy for sins: wherefore it is written: 'Be converted to me with all your heart, in fasting, and in weeping and in mourning.' The same is declared by Augustine: Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, kindles the light of true chastity".

Finally, as we do penance during this season of Lent, let us remember the words of Our Lord to His followers:

"When you fast, be not as the hypocrites, sad. For they disfigure their faces, that they may appear unto men to fast. Amen I say to you, they have received their reward. But thou, when thou fastest, anoint thy head and wash thy face. That thou appear not to men to fast, but to thy Father Who is in secret: and thy Father Who seeth in secret, will repay thee".

Special Friday commemorations during
Lent from an old Missal ~ private use only



Friday after
Second Sunday of Lent:
Feast of the Holy Winding Sheet
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O God, Who in the holy Linen wherein Thy most Sacred Body was wrapped by Joseph when taken down from the cross, hast left us a remembrance of Thy Passion: mercifully grant, that by Thy death and burial, we may be brought to the glory of Thy resurrection: Who livest.

Sacred Heart of Jesus Traditional Catholic Church

1245 AR-5, Mountain View, Arkansas 72560

Offering exclusively the Traditional Roman Catholic Mass and Sacraments.

Sunday, February 25
Second Sunday of Lent



"All the faithful should be aware that to participate in the Mass is their chief duty and supreme dignity." Pope Pius XII

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MASS SCHEDULE

Month of the Sacred Passion

ANNOUNCEMENTS

<p><u>Sunday, February 25</u> 9:00 AM 2:00 PM in Roland</p>	<p>Second Sunday of Lent / St Tarasius BC Pro Populo Private Intention</p>
<p><u>Monday, February 26</u> <i>no Mass</i></p>	<p>St Matthias Ap / St Mechtild V Private Intention</p>
<p><u>Tuesday, February 27</u> 7:00 AM</p>	<p>Lenten Feria Private Intention</p>
<p><u>Wednesday, February 28</u> 7:00 AM 7:00 PM</p>	<p>St Gabriel of the Sorrowful Virgin, C Private Intention Stations of the Cross</p>
<p><u>Thursday, February 29</u> 7:00 AM</p>	<p>Lenten Feria Private Intention</p>
<p><u>Friday, March 1</u> 7:00 AM</p>	<p>Lenten Feria / St David of Wales BC Private Intention</p>
<p><u>Saturday, March 2</u> 10:00 AM</p>	<p>Lenten Feria / St Simplicius PC Private Intention</p>
<p><u>Sunday, March 3</u> 9:00 AM 2:00 PM in Roland</p>	<p>Third Sunday of Lent / St Cunegunda, Emp Pro Populo Private Intention</p>

If you would like to have a Mass offered for a specific intention, the intention may be submitted to the Priest. If it is for a person, please specify whether the person is living or deceased, and whether or not the person is Catholic. The customary stipend for offering the Mass is \$25.00.



Saturday: Men's Group meeting after 10:00 Mass and First Saturday devotions.
“First” Week:

Friday, in reparation to Jesus' Sacred Heart: following morning Mass, Benediction with Sacred Heart devotions

Saturday, in reparation to Mary's Immaculate Heart: following morning Mass, Rosary with 15 minutes of meditation on the mysteries

Three witnesses attended Jesus' glorious transfiguration on Tabor: the Disciple of Faith, the Disciple of Love, and that other Son of Thunder who was to be the first to seal with his blood the Faith and the Love of an Apostle.

As your own calling is great and holy, "reverence the call of God, do not ignore thyself, despise not a gift so great, show not thyself unworthy of the grace, be not so slothful in thy life as to lose this treasure of Heaven. Leave earth to the earth, and let the dead bury their dead; disdaining all that passes away, all that dies with the world and the flesh, follow even to Heaven, without turning aside, Christ Who leads the way through this world for thee. Take to thine assistance fear and desire, lest thou faint or lose thy love. Give thyself up wholly; be supple to the Word in the Holy Ghost, in order to attain this pure and blessed end: thy sanctification, together with the enjoyment of unspeakable goods."

St. Andrew of Crete



Let the incense of our worship rise before His Throne above!

So many indulgences are attached to prayers we say. Gaining them gives glory to God, increases our merits, and aids the Holy Souls in Purgatory. Let's remember that, in addition to confessing our sins within 7 day before or after the practice, we are obliged to pray "for the intentions of Holy Mother Church." What are these intentions? They are (as listed in Canon Law): the exaltation of the Church, propagation of the Faith, ending of heresy and schism, conversion of sinners, peace and harmony among Christian rulers and nations, and other blessings for the welfare of Christianity.

Pray for the living: Kathy Winter, Bonnie Freddi, Catholics and Clergy of Brazil, Charlie Blake, Jayashri Smallwood, Ted Jones, Molly Buggy, Amaranta Torres Rodriguez, Natalie Pauley, Zlata Babac, Dawn Swiercz and family, Lucy Sheahan, Polly Emry, John & Debbie Pawlowski, Luis Martinez

Pray for the faithful departed: John Freddi, Patricia Schneider, Max Booth, Enid Williams, Paul Agius, LuAnn Zender, Mateus Angelo, Tia Nilda, Melvin Whitsett, Maria Eugenia, Delia Vila, James & John Emry, Pauline Letourneau, Maureen Ives-Capaldo, Mary O'Brian, Bill Meis, Gary Petzinger, Bp. Daniel Dolan, Fr. Anthony Cekada

"For from the rising of the sun even to the going down, my name is great among the Gentiles, and in every place there is sacrifice, and there is offered to my name a clean oblation: for my name is great among the Gentiles, saith the Lord of hosts." *Malachi 1:11*

November 2023: \$3,419

Monthly Collection

December 2023: \$5,218

January 2024: \$3,499